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of Today's Health Articles for 1965

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WHY DOES EVERYTHING go so right in the kitchen for some people, but for you it's always a total loss? You've bought a good recipe book and conscientiously follow the directions. Still no success. Frustration heaps on frustration when you see a real whiz operate in the kitchen—without a written recipe—and the results are perfection every time.

Study an experienced chef sometime as he prepares one of his specialties. First thing that's sure to impress you is his enthusiasm for cooking. Chances are, you'll be struck by the shortcuts he takes.

Your past-master friend may be making a fancy salad or dessert with oranges, but how did he remove the white membranes so easily? He probably heard that soaking them in boiling water for five minutes before peeling does the trick every time. And if he needed whole walnut meats to garnish the dish, he'd soak them overnight in salted water.

You may have noticed the kitchen wizard is adept with gadgets. Let's take an example. You want to prepare a perfect French omelet for your guests. The recipe is a snap and you have all the ingredients on hand. But, if you use your regular frying pan you're in for trouble. More often than not, you'll find that the omelet sticks to the pan instead of turning evenly—and your omelet becomes scrambled eggs. The kitchen wizard uses a no-stick Teflon-coated fry pan and one of the new spatulas made from Spencer nylon. Besides a soft, soapy-like texture that won't scrape the delicate Teflon finish, these spatulas are heat-resistant and can withstand temperatures up to 430°. With this combination taking the sticking out of frying, your omelets come out omelets every time.

Another gadget that's sure to save you time and effort is the nylon egg beater. It's practically break-proof and won't melt if laid on a hot surface. And since it can't rust, it will never stick or splatter ingredients all over you.

Suppose you decide to tackle a chocolate mousse basque and the cream won't whip. Simply add three or four drops of lemon juice or a bit of plain gelatine to it, and it probably will whip. If your lemon is dried up, heat it for five minutes in boiling water then squeeze. If you have leftover cream, freeze it in a small jar and defrost in the refrigerator the next time you make mousse, or defrost at room temperature to use as coffee cream. Parsley is by no means the only garnish available. That divine chicken casserole your wizard friend conjured up may be nothing more than frozen chicken pot pie baked with blanched almonds.

You can garnish any meat with chutneyed peach halves, melon with chopped crystalized ginger or powdered ginger, onion soup with cheese popcorn, salads and baked, stuffed potatoes with crisp, crumbly bacon, and the plainest of cakes and ice cream with chocolate curlicues.

If you are about to protest that you don't know how to make chocolate curlicues—don't! Just take your vegetable parer and, using big and little strokes, make a variety of shavings from squares of semisweet or bitter chocolate. A short cut to chopping dates is to cut them into small pieces with kitchen shears dipped lightly, occasionally in flour to prevent sticking. END